



Sugar-Free Hot Cross Buns

No added sugar. No glaze needed.
Just mix, shape and bake.

INGREDIENTS

- 250g strong bread flour
- 1 tsp mixed spice
- ¼ tsp ground cardamom
- optional ½ tsp cinnamon
- 1 sachet fast-action yeast (7g)
- 150ml warm milk
- 1 tbsp oil or melted butter
- 1 egg
- 60g raisins or sultanas
- Zest of ½ an orange (optional but lovely)

For the crosses

- 2 tbsp plain flour
- Water to make a paste

DIRECTIONS

1. Wash hands and preheat the oven to 180°C (fan) / 200°C.
2. Mix flour, yeast and spices in a large bowl.
3. Stir in raisins and orange zest.
4. Add warm milk, egg and oil or butter. Mix to form a soft dough.
5. Knead gently for 5 minutes until smooth.
6. Divide into 6-8 small buns and place on a lined tray.
7. Mix flour and water to make a thick paste and pipe crosses on top.
8. Bake for 15-18 minutes until golden.
9. Brush tops lightly with milk as soon as they come out of the oven
10. Cool slightly before serving.
11. Lovely served warm with butter.

